



51. Brockenlauf

Ilseburg / 03.09.2022

Detailed evaluation

Pohl, Torsten

Club: Mühlhausen/Thüringen
Number: 308

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:48:20

Speed: 9.34 km/h
Running performance: 6:25 min/km

Rank in course/Total: 247 (of 418)

Rank in course/Men: 213 (of 336)

Best time in course: 1:39:59

Rank in category: 40(of 50)

Best time in the category: 1:55:06

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:25	5:34	26	4:59	124	6:25	3.30	18:25	5:34	26	4:59	124	6:25
Schlüsie	3.10	19:47	6:22	25	4:27	111	6:20	6.40	38:12	5:58	27	9:26	120	12:45
Hermannsklippe	2.60	18:03	6:56	29	4:55	138	6:15	9.00	56:15	6:15	26	14:04	120	19:00
Brocken	3.10	34:46	11:12	45	13:53	264	16:36	12.10	1:31:01	7:31	39	27:06	185	35:36
Eiserner Handwe	3.60	20:51	5:47	40	7:12	233	8:49	15.70	1:51:52	7:07	41	33:35	199	44:25
Schlüsie	4.10	19:59	4:52	40	7:16	233	8:27	19.80	2:11:51	6:39	41	40:11	202	52:52
Loddenke	3.10	16:17	5:15	29	5:11	165	6:19	22.90	2:28:08	6:28	30	45:22	156	59:11
Ilseburg/Markt	3.30	20:12	6:07	34	7:53	218	9:10	26.20	2:48:20	6:25	40	53:14	213	1:08:21